

JOURNEYS OF TROPICAL ISLAND
BEAUTY AND CULTURED WELLNESS.



ANANTARA

SPA



WELCOME TO ANANTARA SPA

Rooted in Thailand, Anantara's philosophy, 'without end', stems from ancient Sanskrit origins. At Anantara Spa Lawana, this liberating concept is uniquely inspired by Koh Samui's Sino-Thai wellness heritage and exotic revitalisation.

Find sanctuary in a quiet courtyard haven of vintage oriental charm. Renew vital energy through timeless Thai techniques. Restore radiance in richly healing coconut journeys. Relax into holistic harmony with ancient Chinese, Balinese and Ayurvedic traditions. Boost physical, emotional and spiritual balance with a choice of intensive wellness retreats.

AT ANANTARA SPA, THE GREATEST JOURNEYS ARE FELT, NOT TOLD...

Opening hours: 10:00 am – 10:00 pm

SIGNATURE EXPERIENCES

Drawing on Anantara Spa's world-class expertise, the finest indigenous wellness traditions and unique holistic therapies, these specialist rituals bestow powerful, long lasting benefits for body, mind and soul.

ANANTARA LAWANA COCONUT PARADISE (200 Minutes)

Hydrating, healing and richly moisturising, coconut is one of Samui's greatest natural beauty secrets. Indulge in a tropical island journey, enhanced by Anantara's uniquely luxurious touch. A creamy scrub renews, hydrates and softens skin. Signature massage strokes and coconut oil coax blissful relaxation. Emerge sweetly scented, silky smooth and glowing with vitality.

Floral Foot Ritual – Essence White Coconut Scrub –
Essence White Coconut Wrap – Coconut Signature
Massage – Refreshment

ANANTARA SIGNATURE MASSAGE (90 Minutes)

Exclusive to Anantara Spa, revered eastern and western techniques are delivered with our intuitive touch. Experience how a signature oil blend and purpose-designed movements stimulate the circulation, promote deep relaxation and restore the flow of energy, or prana, along the meridian lines.

BESPOKE SPA EXPERIENCE (90 Minutes)

Indulge in an exclusive spa journey for your specific needs and mood. Highlight the areas you wish us to focus on, or the results you would like to receive. Let us tailor the perfect 90 minute treatment for you.



SPA JOURNEYS

Escape the limits of space and time with these carefully crafted journeys. Indulge in unique destination-inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

JOURNEY OF SIAM (200 Minutes)

A remedial journey, inspired by Thai wellness culture. Herb infused steam relaxes the body and prepares skin for a richly moisturising coconut scrub. A powerful massage works deeply into the muscles, freeing all tension and stress.

Floral Foot Ritual – Thai Herbal Steam – Essence White Coconut Scrub – Deep Tissue Massage – Refreshment

DAWN RENEWAL (165 minutes)

Rise to a ritual of revitalising therapies. Smooth, renew and hydrate skin with refreshing green tea exfoliation. Reawaken with a gentle massage that soothes away all tension.

Floral Foot Ritual - Detoxifying Green Tea Scrub - Stress Release Massage - Refreshment

ELEMIS COUTURE TOUCH (120 minutes)

Condition your skin and muscles with this all-embracing experience. Combine any 1-hour ELEMIS hands-on TOUCH facial with your personalized Freestyle Deep Tissue Massage.

ELEMIS Freestyle Deep Tissue Massage - Personalized Facial - Refreshment



BALANCE WELLNESS

HIMALAYAN THERMAL THERAPY (90 Minutes)

Harnessing the ancient energy of the Himalayan Mountains we use artisan, hand-carved Himalayan salt stones to dissolve all your mental and physical tension. These ethically sourced stones reintroduce 84 minerals and trace elements to the body to induce the ultimate state of equilibrium while encouraging the body's natural detoxification. As you transcend into a state of total relaxation, a facial massage using iced Rose Quartz Gua Sha crystals shall relieve muscle tension, stimulate circulation and leave your skin with an eternal glow. This full-body ritual is crowned with a deeply rejuvenating head massage focusing on Marma points which destress the nervous system and refresh the mind.

1 DAY YOGA & WELLNESS RETREAT

Designed to restore health, energy and clarity, this exclusive wellness retreat combines holistic practices with spa bliss and wholesome dining.

Yoga and Meditation (60 Minutes)
Thai Herbal Steam (30 Minutes)
Stress Release Massage (60 Minutes)
3-Course Healthy Cuisine Menu with a choice of starter, main and dessert
Raw Juice

3 DAY REJUVENATE & REVITALISE WELLNESS PROGRAMME

Energy rises as tension ebbs away in this exclusive retreat. Discover how three days of balanced exercise, wellness therapy and nutrition leaves you fully rejuvenated - ready to face the world afresh.

Day 1:

Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)
Thai Herbal Steam (30 Minutes)
Herbal Infusion and Dried Fruit
Swedish Massage (60 Minutes)
Raw Juice
3-Course Healthy Cuisine Menu with a choice of starter, main and dessert

Day 2:

Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)
Thai Herbal Steam (30 Minutes)
Herbal Infusion and Dried Fruit
Foot Massage (60 Minutes)
Herbal Infusion and Dried Fruit

Day 3:

Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)
Indian Head Massage & Mini Facial (60 Minutes)
Herbal Infusion and Dried Fruit

5 DAY RELAX & DE-STRESS WELLNESS PROGRAMME

Give yourself the space and time you need to fully surrender, recharge and transform. Reap maximum results from a progressive five day programme of carefully balanced wellness. Benefit from the positive changes that occur with stress-relieving exercise, body and facial therapies and cleansing wellness cuisine.

Day 1:

Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)
Thai Herbal Steam (30 Minutes)
Herbal Infusion and Dried Fruit
Balinese Massage (90 Minutes)
Raw juice
3-Course Healthy Cuisine Menu with a choice of starter, main and dessert

Day 2:

Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)
Milky Bath & Indian Head Massage (60 Minutes)
Herbal Infusion and Dried Fruit

Day 3:

Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)
Thai Herbal Steam (30 Minutes)
Herbal Infusion and Dried Fruit
Foot Massage (60 Minutes)
Herbal Infusion and Dried Fruit

Day 4:

Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)
Thai Herbal Steam (30 Minutes)
Herbal Infusion and Dried Fruit
Traditional Thai Massage (90 Minutes)
Raw Juice
3-Course Healthy Cuisine Menu with a choice of starter, main and dessert

Day 5:

Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)
Anantara Signature Facial (60 Minutes)
Herbal Infusion and Dried Fruit



MASSAGES

THAI HERBAL COMPRESS MASSAGE

(90 Minutes)

This distinctive style of traditional Thai massage uses a heated compress filled with remedial herbs to release muscle tension and stiffness, enhance energy flow and relieve fatigue, followed by a full body massage using an aromatic herbal oil blend.

TRADITIONAL THAI MASSAGE

(60/90 Minutes)

This unique technique, passed down through generations, is known as 'passive yoga' and offers the ultimate body workout. Let our expert therapists take all the pressure away, while you enjoy a wealth of stretching, flexibility and vitality benefits.

STRESS RELEASE MASSAGE

(60/90 Minutes)

Combining soothing strokes and acupressure techniques with a choice of signature oil blends, this gentle massage sweeps away stress, tension and fatigue, uplifts the spirit, and is a wonderful jet lag tonic.

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

(60/90 Minutes)

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

SHIRODHARA

(60 Minutes)

Unwind as a constant flow of warm oil to the forehead profoundly coordinates and calms the mind, body and spirit. Benefit from a uniquely relaxing therapy that enhances blood circulation to the brain, improves memory, nourishes the hair and scalp, and releases tension.

INDIAN HEAD MASSAGE

(60 Minutes)

Based on Ayurvedic principles, this soothing yet energising massage combines pressure point techniques and coconut oil to relieve tension in the head and neck, whilst also helping to alleviate insomnia, chronic headaches, migraines and sinusitis.

FOOT MASSAGE

(60 Minutes)

Nurture holistic balance and deep relaxation. This fascinating treatment provides physical and spiritual renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body.





BODY TREATMENTS

BODY WRAPS

ESSENCE WHITE COCONUT WRAP (60 Minutes)

Deeply penetrating and gloriously fragranced, this luxuriant wrap lavishes skin with coconut's healing moisture and vital nutrients. Skin feels soft, supple and beautifully enriched.

DETOXIFYING GREEN TEA WRAP (60 Minutes)

Immerse yourself in a calming cocoon of gently cleansing and hydrating green tea.

SKIN COOLING SUN SOOTHER (60 Minutes)

A calming, cooling blend of indigenous marula oil, mint and cucumber offers a soothing tonic for sun-kissed or sunburned skin.

BODY SCRUBS

DETOXIFYING GREEN TEA SCRUB (60 Minutes)

Purify, refresh and enliven skin with a therapeutic green tea polish, followed by an all-over moisturiser. Enjoy skin that feels renewed, soft and beautifully healthy.

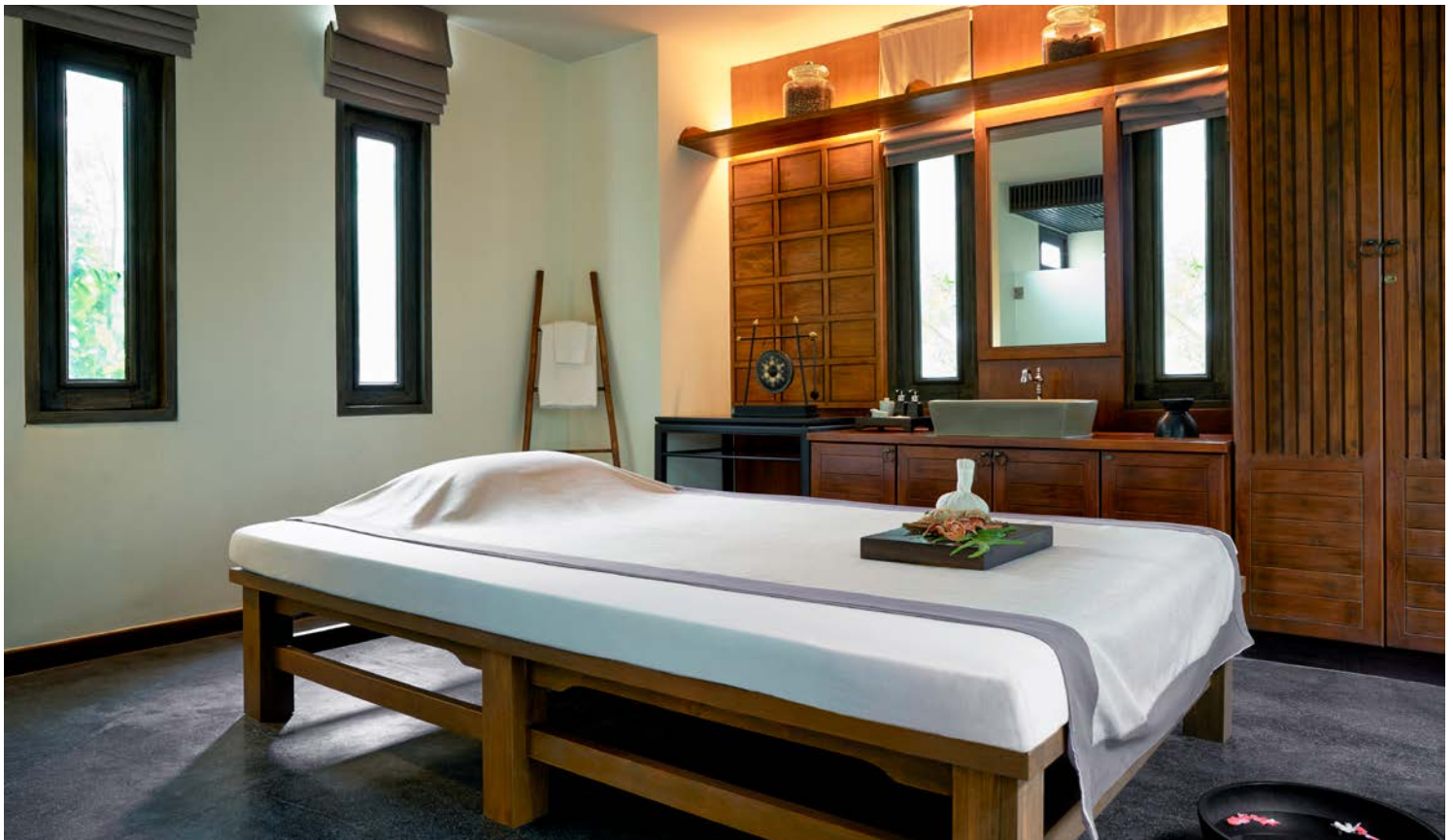
ESSENCE WHITE COCONUT SCRUB (60 Minutes)

Rich in vitamins and antioxidants, this exotic scrub gently sweeps away dead cells, smoothes and strengthens new skin. Moisturising, healing and protecting, skin is flawless and gloriously fragranced.

FACIALS

ANANTARA SIGNATURE FACIAL (60 Minutes)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to encourage cell renewal and oxygenation. A gentle massage coaxes pure relaxation and a herbal mask restores the natural balance of your skin.



ELEMIS FACIALS

TOUCH: ANTI-AGEING

ELEMIS PRO-COLLAGEN AGE DEFY (60 Minutes)

Treat fine lines and wrinkles with the age-defying benefits of marine charged padina pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

TOUCH: SKIN SOLUTIONS

ELEMIS ANTI BLEMISH MATTIFY AND CALM (60 Minutes)

A deeply cleansing and detoxifying treatment for oily, unsettled or hormonal skin. This mattifying facial helps combat oil and shine using the proven power of lavender, for skin that is beautifully clear and bright.

ELEMIS SUPER FOOD PRO-RADIANCE (60 Minutes)

A nutritional boost, rich in superfoods and essential minerals, treats stressed and dull skin with energising, detoxifying actives for a plumper, more radiant and healthier complexion.

ELEMIS SENSITIVE SKIN SOOTHER (60 Minutes)

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protects against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

MEN: TOUCH

ELEMIS HIGH PERFORMANCE SKIN ENERGISER (60 Minutes)

A hard-working facial for ageing, dehydrated skin and tired eyes. This facial maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.



BATH & STEAM RITUALS

ANANTARA MILKY BATH (30 Minutes)

Enjoy a private tea service as the exotic aromas of a relaxing floral bath balance your spirit.

THAI HERBAL STEAM (30 Minutes)

Releasing the healing properties of Thai herbs, this exotic steam stimulates the circulatory system, nourishes the body, and can be enjoyed as a prelude to any of our spa treatments.

BEAUTY

Spa Manicure

Spa Pedicure

French Finish

Paint Change





JOURNEY OF A FIGHTER

Discover Thailand's national sport, the traditional martial art of Muay Thai, with professional coaches in our dedicated rooftop gym, surrounded by natural beauty overlooking the Chaweng Beach. Whether you're a seasoned expert, interested in the "science of eight limbs" for a taste of true Thai culture, or simply for its exceptional fitness benefits, join us in the ring.

INTERMEDIATE MUAY THAI

Increases the intensity from the basics. Learn more complex techniques and combinations from our pro fighter, rapidly improving your skills.

ADVANCED MUAY THAI

Experienced students can head into the ring with our pros for these challenging 60-minute sessions, tightly focused on developing fight fitness and ring skills.

MUAY THAI RECOVERY

After a tough session in the ring, head to the Spa for this innovative Muay Thai recovery treatment. A full-body massage with essential oils of black pepper, clove and ylang-ylang warms and stimulates the muscles, leaving you feeling rejuvenated and ready to train again.

SELF-DIRECTED SESSIONS

Our Muay Thai ring is available for you to use on a complimentary basis for brushing up on skills and techniques. We provide a punching bag, gloves, focus pads and kicking shields, as well as simple instructions to help you create your own Muay Thai workout.

PRIVATE AND GROUP CLASSES

PRIVATE CLASSES (60 Minutes)

Work with a professional coach at your own level to master the basics or hone your skills.

PRIVATE KIDS BOXING (45 Minutes)

With a focus discipline and physicality, Muay Thai is a fun, engaging and exciting activity for youngsters.

GROUP CLASSES (60 Minutes)

Share the energy and motivation in a beginner level class designed to challenge and energise.

MUAY THAI STADIUM VISITS

Visit the local Muay Thai stadium together with our resident Muay Thai Guru. Experience the thrill of watching Muay Thai live.



SPA ETIQUETTE

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and enjoy time to relax.
- Please note that the spa is unsuitable for small children and babies, unless receiving treatment. We try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend that you leave all jewelry in your room before coming to the spa.
- All treatments will be charged to your room, and will appear on your account at the time of check-out.
- We recommend that you do not sunbathe after an aromatherapy treatment.
- Men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications, are advised to consult a doctor before signing up for any treatments.
- Please notify the spa receptionist of any existing medical conditions.
- Appointments cancelled with less than 4 hours' notice will incur a cancellation fee of 50% of the reserved treatment price.
- In the event you are late for your scheduled appointment, we will accommodate you to the best of our abilities, but your treatment may be shortened or rescheduled.

All prices are in Thai Baht and are subject to 10% service charge and applicable government tax.

Prices are subject to change without prior notice.

Advanced booking is highly recommended to ensure availability.

For reservations, please contact Anantara Spa.





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